

UPMC WESTERN MARYLAND

Community Health & Wellness

For more information, call 240-964-8424, or visit:
UPMCWesternMaryland.com/Wellness



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
	Bingo Balance, HRDC 9:00 am	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00am Yoga, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm	Yoga, LaVale Library 10:30 am	
7	8	9	10	11	12	13
	Bingo Balance, HRDC 9:00 am	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:15 pm	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00am Yoga, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm *	Yoga, LaVale Library 10:30 am	
14	15	16	17	18	19	20
	Bingo Balance, HRDC 9:00 am	Smart Recovery Support Group 7:30 am * Chair Yoga, S.Cumberland Library 2:30 pm (due to the holidays, please confirm class with the Library)	Smart Recovery Support Group 6:00am & 7:30am * Bingo Balance, HRDC 9:00 am Yoga, S. Cumberland Library 11:00 am	Smart Recovery Support Group 12:00 pm *	Yoga, LaVale Library 10:30 am (due to the holidays, please confirm class with the Library)	
21	22	23	24	25	26	27
	Bingo Balance, HRDC 9:00 am (due to the holidays, please confirm with HRDC)	Chair Yoga, S.Cumberland Library 2:30 pm (due to the holidays, please confirm class with the Library)	No Classes Today 	No Classes Today		
28	29	30	31			
	Bingo Balance, HRDC 9:00 am (due to the holidays, please confirm with HRDC)	Chair Yoga, S.Cumberland Library 2:30 pm (due to the holidays, please confirm class with the Library)	No Classes Today <i>New Year's Eve</i> 	Tomorrow is the first blank page of a 365-page book. Write a good one. ~ Brad Paisley www.azquotes.com		



* For more information on the **Smart Recovery Support Group** sessions listed above,
please contact Carey Moffatt at moffattcl@upmc.edu

Having trouble making healthy habits stick? Teaming up with a health coach could change the game!
UPMC Community Health & Wellness offers FREE health coaching services.
Sessions are 30 or 60 minutes in length, held in-person, via video or over the phone.